



# *The Royal Treatment*

CORPORATE WELLNESS



## Good Night's Sleep

To break the cycle of insomnia you need to make some lifestyle changes. It may take time, so be kind to yourself and don't give-up. To modify a pattern, most people need at least 28 days to introduce a healthier behavior to see long lasting results. Finding your way back to balance begins with baby steps.

### **Sleep Hygiene Before Bedtime**

- Wind down – Read a good book or listen to relaxing music
- Turn the T-V off (reduce time watching stimulating shows)
- Stop using iPad, TV, computer an hour before bed time
- Banish all electronics from bedroom (blue light)
- Keep your bedroom dark, clutter free and cool
- Limit caffeine, alcohol and cigarettes
- Avoid heavy and/or acidic food right before bedtime (Eat 3 hours before bedtime)
- Do a few gentle Yoga poses - Avoid high impact exercise before bedtime.
- Tea time – Before bedtime - brew some naturally de-caffeinated chamomile tea
- Take a warm bath before bed with Lavender oil
- Spray pillow with aromatherapy (see examples below)
- Meditate (clear mind) – Use a mantra, perhaps repeat a word such a “love,” or “peace.”
- Wear an eye mask
- Stick to the same sleep schedule
- Review medications with your doctor, some may be causing insomnia
- Magnesium and calcium supplements calm nerves and are muscle relaxants, B vitamins, copper and iron also aid in a good night's sleep (always check with your doctor before taking supplements)
- To increase serotonin levels: eat oats, rice bananas, turkey, milk, tuna, whole grain bread or crackers, ginger, barley, figs, dates and avocado. A bowl of cereal or half a turkey sandwich is a good nighttime snack.

**Bodywork:** sleep is often affected by stress and imbalances in your nervous system try receiving a massage, reflexology, Craniosacral therapy, reiki or acupuncture.

**Sleep Never Smelled So Good-** Aromatherapy may not cure insomnia or address its root cause, but using pure essential oils may induce a calm. Certain pure essential oils can act like a natural sedative before bedtime. Essential oils may potentially help you fall asleep faster and stay asleep through the night. Take a warm bath an hour before bedtime with a few drops of your favorite essential oil added to the water, spray your pillow or place a few drops on a cotton ball placed on your nightstand. Adding a few drops of oil to an unscented lotion and gently massaging your feet and hands can lull you to sleep.

- Lavender, Roman Chamomile and Clary Sage are some essential oils that can produce a natural calm sedative state.

**Still Can't Sleep?** Get up and do some relaxation techniques the next time you find yourself tossing and turning. That- too, should put you in a calmer, more sleep-ready state-if nothing else you'll be putting those midnight hours to good use.

Giving yourself **10-15 minutes of deep relaxation** can be one of the small steps needed to make a lasting change. When practiced immediately before bed, relaxation techniques prepare the body for sleep. And if done during the day, they may help compensate for lost sleep.

## TECHNIQUES TO ENCOURAGE SLEEP

**Supported Forward Bends:** Sitting on the floor, bring a pillow to your lap, begin to fold over your lap, if you feel flexible, fold down to the floor. Inhale & exhale to release tension. Stay in pose, deeply breathing for 2-3 minutes. Bring your hands to your thighs to bring yourself back up.



**Tense & Release Technique** - Find a comfortable position; arrange pillows to support your head and legs. You can do this exercise either lying down or in a chair.

Take a few deep breaths in and out. Bring your attention down to your feet and work your way up the body.

-Squeeze each body part as you inhale then exhale and release. Feet, legs, buttocks, arms, shoulders, hands and face. Every body part you can identify.



-Breathe rhythmically and deeply.

- Take your attention back down to your toes and come up the body again breathing into each body part without moving it and letting each part relax completely.

Go to [www.NoStressWorkplace.com](http://www.NoStressWorkplace.com) for a **FREE audio recording of a two-minute relaxation technique.**

### Reference:

Sleep Smarter by Shawn Stevenson

The Sleep Revolution by Arianna Huffington

*If you suffer from occasional insomnia or sleep disturbances these holistic treatments may help you fall asleep faster. For serious sleep disorders please consult your doctor or health care professional to discuss your situation and obtain treatment for insomnia.*